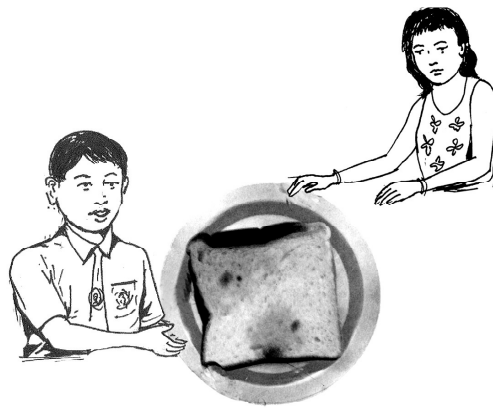


LESSON No. 13



WHEN FOOD GETS SPOILT

Look at the picture. One day James found a bread with some unusual spots/patches in his tiffin box. It was not same as the fresh one. He thought it might be bad to eat. He asked his teacher “Is the bread fit to eat”? His teacher said,— “The bread has gone bad. Don’t eat that. You may fall sick.”



Sometimes food, raw or cooked, goes bad like this. **How does food get spoilt ?**

The students of class V of his school wanted to know how bread got spoilt. They took a slice of bread. They sprinkled a few drops of water on it and put it in a box. Everyday they looked at the bread to find some changes on it. After three days or so they could see **black** and **bluegreen** patches on the bread. Such patches are due to the growth of fungus. The bread also had foul smell.

Your class also can do the same experiment together. Take a piece of bread or roti. Perform the experiment as Jame’s class did.

ENVIRONMENTAL STUDIES CLASS- V

Make the following table on a chart paper and put it up in the classroom. Fill in the chart everyday after discussing the changes seen.

Day	Changes in the bread(roti)			
	By touch	By smell	By colour	By looking through magnifying glass
1				
2				
3				
4				
5				
6				

The bread/roti becomes _____

- * Find out the reason for these changes. From where did the dark patches come on the bread ?

- * Different kinds of food items get spoilt due to different reasons. Some foods decay soon, some stay good for long. List some seasons and conditions in which food decays quickly.

- * Look in your kitchen and write down names of food items that

– can get spoilt in 2-3 days _____

– can stay fresh _____

ENVIRONMENTAL STUDIES CLASS- V

– would not rot till one month _____

- * When food gets spoilt in your house, what do you do with it ?

One day James went to a shop to buy some bread and squash with his mother. The shopkeeper picked up a packet of bread and a bottle of squash and gave them to James. He looked at the labels and returned the bread immediately. He said that the bread had got spoilt. How did he find that the bread had gone bad ?



Look at the picture of a bread packet here and guess why James returned it ? How did he find that the bread had got spoilt?

- * Look carefully at two three packets of food items.
- * What can we know from what is written on the packet ?

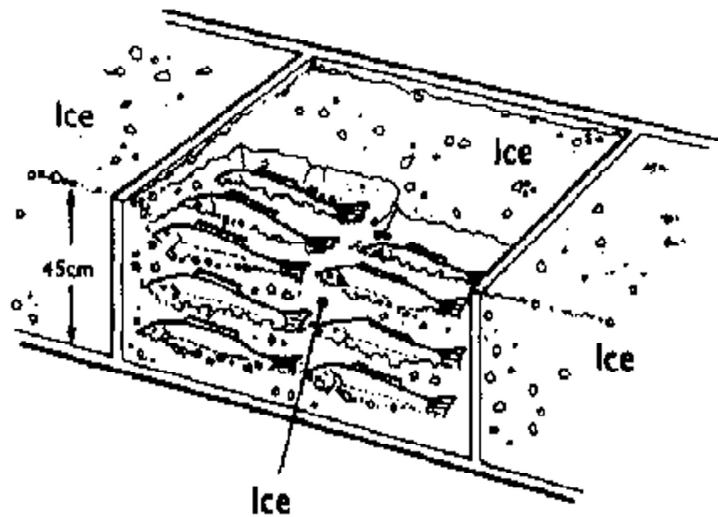
- * What are the manufacturing and expiry dates written on the packets ?

ENVIRONMENTAL STUDIES CLASS- V

- * When you buy something from the shop or market, what will you look for on the packet ?

Fish Packed with ice

Luikim went to a fish centre to buy some fresh fish. “Choose the fish of your choice” said the shopkeeper. Luikim could see big fishes kept in the box packed with ice. They had been transported a long distance as such. Why are fishes kept in ice in the special containers ?



We keep fruits and vegetables in refrigerators to keep them fresh.

Food kept in airtight containers also lasts longer. Do you know the reason ? Germs present in the surroundings will not be able to spoil the food.



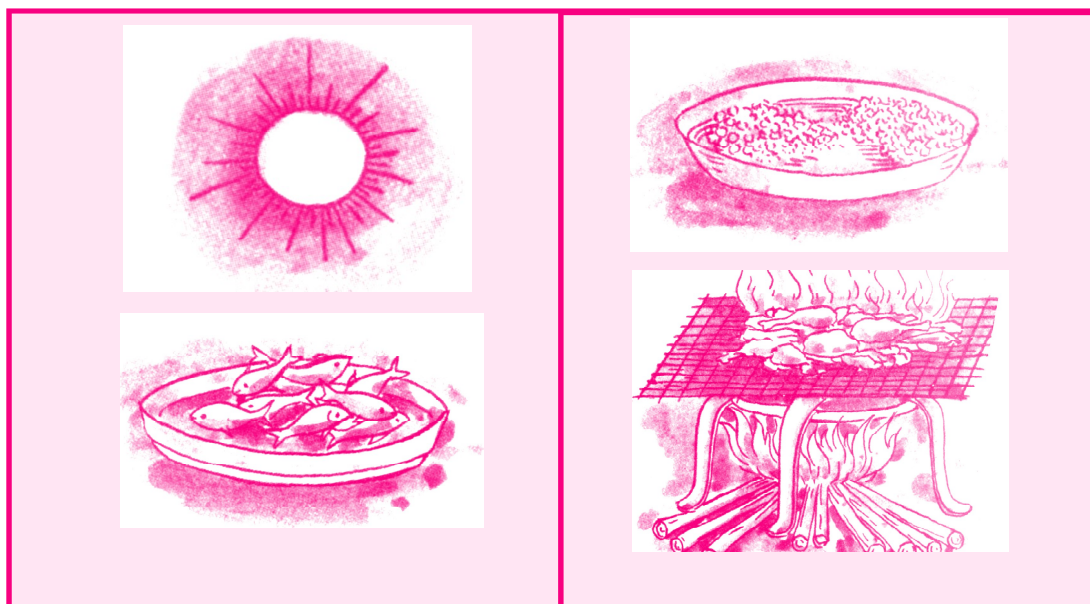
ENVIRONMENTAL STUDIES CLASS- V

Heating kills germs.
We heat milk to
prevent it from
being spoilt.



Many food items can be preserved simply by drying them in the sun and fire.

List a few food items preserved by drying in the sun.



ENVIRONMENTAL STUDIES CLASS- V

Drying food in the sun and wind to prevent food spoilage has been known since ancient times. Water is removed by evaporation in the process. This prevents the growth of micro-organisms and decay. Fruits that have a high water content such as prunes, raisins, dates, coconut, figs, amla (Indian gooseberry) are preserved by drying.

Fruits and vegetables can be made into jams, jellies and pickles. The salt and spices in the pickles or the sugar in the jam prevents germs from spoiling the food items. Potatoes and bananas are prepared in the form of chips.



Let us now talk

- * Make a list of preserved foods you eat.

- * Why do we need to preserve food ?

- * Is there any kind of pickle made in your house ? What kind of pickle is it ? Who makes it ? From whom did they learn to make the pickle ?

ENVIRONMENTAL STUDIES CLASS- V

- * What things are needed to make any type of pickle in your house? How is the pickle made ? Find out the recipe and write.

- * It is one and a half day journey by bus from Imphal to Guwahati. If you are to go on this trip, what food items would you carry with you ? How would you pack them? Make a list of all the packed food. What food would you eat first and why ?
